

MOUNT ROYAL UNIVERSITY

CALGARY, CANADA 



# Complete an exchange in Canada

INBOUND EXCHANGE STUDENTS **2024/25**



# Be more than a number at Mount Royal University

For more than 100 years, we've been committed to providing quality post-secondary education to students from Canada and around the world. Our innovative programs taught by passionate professors set the foundation for you to explore your interests, gain valuable experience and confidently prepare for the future.

Mount Royal campus offers a safe and inclusive setting to learn and travel. Just an hour from world-class tourist destinations, like Banff National Park, you can add to your degree and explore Canada's scenic natural environment.

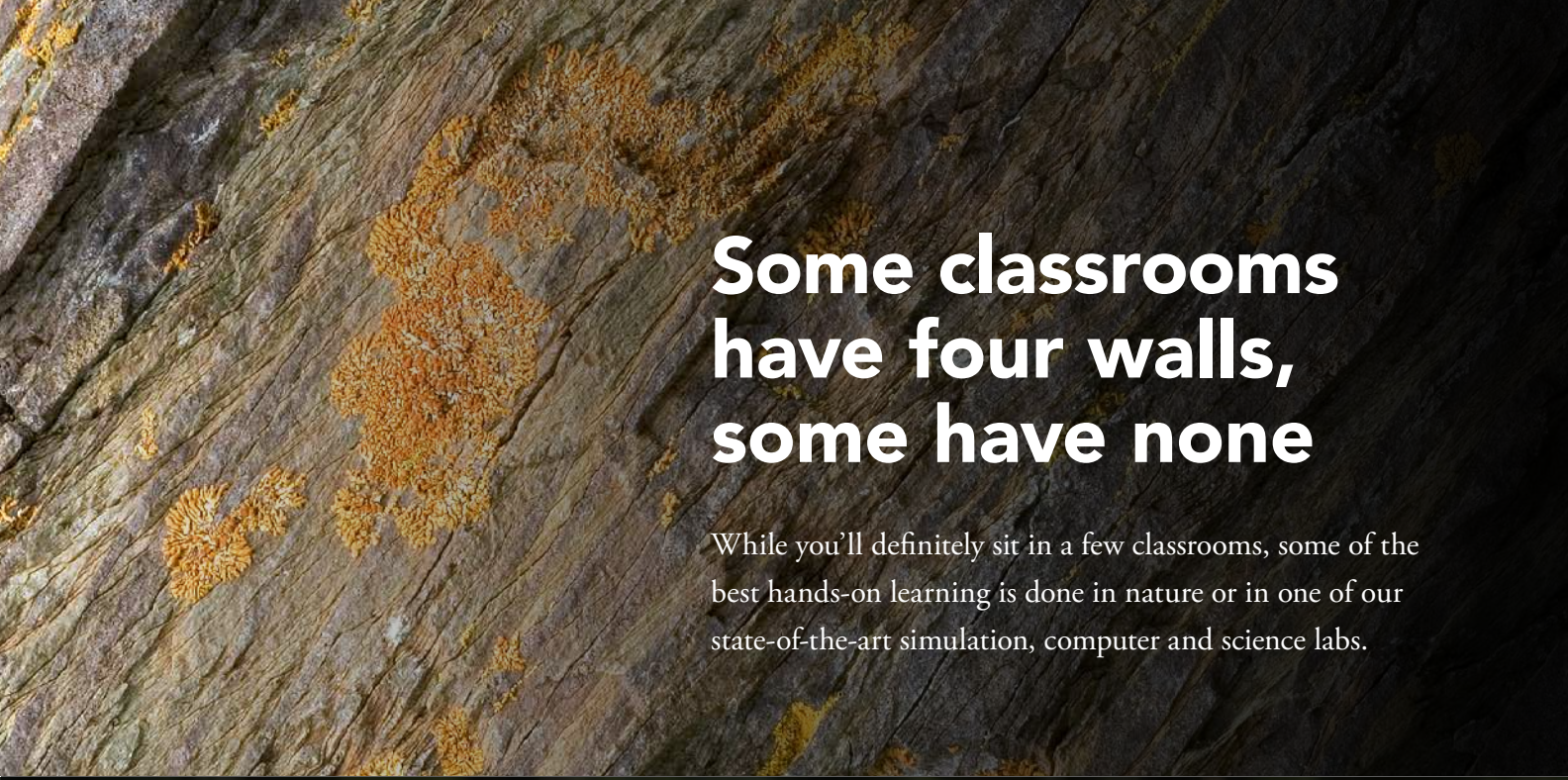


## DID YOU KNOW?

MRU's average class size of 32 students means you can get to know your classmates and professors in a personal learning environment.








# Some classrooms have four walls, some have none

While you'll definitely sit in a few classrooms, some of the best hands-on learning is done in nature or in one of our state-of-the-art simulation, computer and science labs.



## Learning happens everywhere

Whether you're in a sociology or business class, your professors will use innovative teaching practices to challenge and support you. You know that feeling when you solve a problem or see something in a new light? Yeah, that happens a lot here.

We have extinct marine reptile casts hanging from the ceiling, a rockscape dedicated to learning more about rock formations, a community garden and the new Riddell Library and Learning Centre. Explore every corner and you'll find something new.





# International Student Support Centre

The International Student Support Centre (ISSC) is a dedicated space staffed by MRU students who can provide you with information, support and peer-driven programs.

Here, you can connect with international and Canadian students, study and practice your language skills, join events, and engage in social and cultural activities.

# English Language Proficiency (ELP) Requirement

Applicants must demonstrate proficiency in English in one of the following ways if their first language (learned and understood) is not English.

For more information visit [mru.ca/ELP](https://mru.ca/ELP).

ELP REQUIREMENT	SCORE / LEVEL
High school/secondary and/or post-secondary courses (transferable to MRU)	2 years full-time study in English (English speaking countries) and English Language Arts 30-1 (or equivalent)
LEAP 4 Advanced taken at Mount Royal	LEAP 4 with B- (80%)
TOEFL iBT (Test of English as a Foreign Language), home or paper version	86 (min. 20 in each of four sections)
IELTS (International English Language Test – Academic, including Academic Online)	6.5 (min. 5.5 on each band)
Cambridge English B2 First, C1 Advanced or C2 Proficiency	176
MET (Michigan English Test) – formerly MELAB Michigan English Language Assessment Battery	62 (min. 53 in all four skills)
PTE Academic (Pearson Test of English Academic, including Academic Online)	58 (min. 55 in each area)
CAEL (Canadian Academic English Language Assessment)	70 (min. 60 in each band)
CanTEST (Canadian Test of English for Scholars and Trainees)	4.5 overall min.

# Live on campus

There are a lot of reasons to live on campus while attending MRU. You can enjoy a modern, fully-furnished, apartment-style home that is close to campus services, like the Riddell Library and Learning Centre or doctor's office.

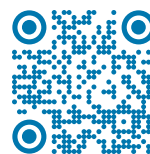
Residence staff live on-site to help foster a positive and safe space for living and learning. Plus, the quiet, small-town feel on campus is perfect for studying while still providing easy access to big city resources, including downtown, shopping and entertainment.

## New student guarantee

Residence Services guarantees placement for all exchange students. To be eligible for this guarantee, you must apply and pay your security deposit by the deadline.

## + WANT TO SEE MORE?

Take a virtual tour of the Residences at [mru.ca/OurResidences](https://mru.ca/OurResidences). For more information and estimated costs, check out our Residence brochure.



### What's included?

- » A private, lockable, fully-furnished bedroom
- » A full kitchen and furnished living space, including a television
- » Bathrooms shared by no more than two students
- » Utilities and internet
- » App-operated laundry facilities





# Wind down or climb up

Whether you crave activity to maintain a healthy and balanced lifestyle or use it to reduce exam stress and blow off some steam, MRU Recreation has what you're looking for.



## DID YOU KNOW?

All exchange students have access to the Recreation Centre as part of their program fees meaning you can reach your academic and personal goals at the same time.

## Find your active

### Fitness centre and track level

With a large selection of weight machines, free weights, cardio machines, stretching areas and a 200-metre running track, our fitness centre is the perfect space to get your sweat on.

### Intramural leagues and drop-in sports

With a variety of leagues, including basketball, football, ice hockey and more, you get the chance to try something new in a safe and fun environment.

### Aquatic centre

Features a hot tub and a 25-m x 25-m salt-water pool with eight lanes and an open dive-tank area.

### Outdoor beach volleyball and tennis courts

Get outside and get in the game! The best part? We have all the equipment available to rent at our customer service desk.

### Squash courts

Change up your routine with a match on one of our six international squash courts.

### Personal training

Achieve your fitness goals with the help of an experienced, certified personal trainer.

### Varsity sports teams

We're proud to be home to the Cougars men's and women's basketball, hockey, soccer and volleyball teams. Home games are free to attend for credit students.



# A mini city built just for you

Mount Royal is a community in more than one sense.  
Enjoy easy access to on-campus services, Calgary  
amenities and world-class tourist destinations.



## On campus

- » West Gate Social restaurant and bar
- » Food kiosks and convenience store
- » ATMs for major banks
- » A world-class concert hall
- » Doctor and dentist
- » MRU Injury and Prevention Clinic (physio, chiro, massage)
- » Pharmacy
- » Recreation Centre

## Distance from campus

Destination	Drive	Bus	Walk
» Grocery store	4 min	10 min	20 min
» Full-service bank	6 min	7 min	20 min
» Movie theatre	8 min	22 min	
» CF Chinook Centre (mall)	8 min	25 min	
» Downtown Calgary	15 min	30 min	
» Scotiabank Saddledome	15 min	30 min	
» Calgary International Airport	25 min	70 min	
» Banff	1.5 hr		
» Lake Louise	2 hr		





# Begin your adventure

You can feel the energy in our city, the palpable sense that things are happening here. The creative and entrepreneurial spirit of Calgary is calling you.



## Sample the city

- » Raft down the Bow River or inline skate on Calgary's pathways
- » Hit the slopes in the nearby Canadian Rocky Mountains
- » Find the perfect blend of art and science at Beakerhead Festival
- » Check out the latest indie bands at Sled Island Festival
- » Cheer on the home team at a Calgary Flames or Roughnecks game
- » Watch the king penguins take their daily walk at the Calgary Zoo
- » Discover East Village food and parks
- » Hang with superheroes at the Calgary Comic and Entertainment Expo
- » Try maple-bacon doughnuts or poutine at a food truck
- » Enjoy a patio along "The Red Mile," 17th Avenue
- » Hike through Glenmore Park
- » Get a strike at nearby Mountain View Bowling
- » Bike the paths through beautiful Fish Creek Park
- » Stock up on veggies at the Calgary Farmers' Market
- » Chow down on dim sum in Chinatown







# About Calgary



## LARGEST CITY IN ALBERTA

More than 1.6 million people call Calgary home



## VERY SUNNY

Canada's sunniest major city with an average of 333 days of sun each year

### Average daytime high

- » in July: 24 degrees Celsius
- » in January: -3 degrees Celsius



## PERFECT FOR SNOWSPORTS

On average, 128 cm of snow per year



## CULTURAL DIVERSITY

Over 200 ethnic backgrounds make Calgary a diverse city



## FUN

More than 30 major festivals each year, the Calgary Stampede and four professional sports teams to cheer for



## EXTENSIVE PARKS AND PATHWAYS

Cycle or walk along more than 905 km of pathways and 95 km of trails - the largest bikeway network in North America





#### **MOUNT ROYAL UNIVERSITY**

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**[mru.ca/inbound](http://mru.ca/inbound)**



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